

# **P.E. Activities (Grades K-2)**

## Pairing and Grouping/Cooperation Activities

Back to Back

Hog Call

Mingle-Mingle

Barnyard

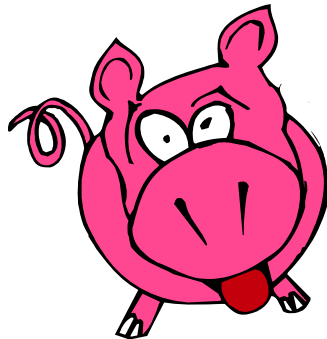
Houdini Hoops

## Activity: Back to Back

- The object of ***Back-to-Back*** is to learn how to pair quickly.
- When you hear "Back-to-Back" find the person closest to you, and stand back to back.
- Touch backs softly; keep your arms/hands at your sides.
- No partner? Walk to the middle with your hands raised; that's our "lost and found."
- Turn and introduce yourself to your partner. Shake hands firmly; then tell your partner your favorite *sport*.
- Say, "It was nice meeting you;" then we'll play again.
- (Prompt students to get back-to-back with a different person each time and change their topics; e.g. favorite vegetable, fruit, place to play, etc.)
- (Change from back-to-back to knee-to-knee, toe-to-toe, thumb-to-thumb, etc.)

## Activity: Hog Call

- Play Back-to-Back. Lost and found is in the middle.
- With your partner, create a phrase related to physical activity. Could be 1 word: "basketball" or 2 words "hockey/puck."
- One of you is "hockey" the other is "puck." On signal, you have 15 seconds to create your phrase and memorize it.
- Got it? Back-to-Back with your partner, we're ready to play "Hog Call!"
- On signal, each fast walk to opposite sides of the court (at least 20 paces away.) When you reach it, do not turn around.
- Place your palms over your eyes - your elbows are your "bumpers."
- The object of this game is to reunite with your partner without being able to see them.
- On signal, shout your partner's word (hockey), and walk slowly to reunite.
- (After playing with a physical activity phrase have students get a new partner and play again. This time creating a phrase referencing good nutrition; e.g. "oat-meal" or "blue-berry.")



## Activity: Mingle-Mingle

- The object of *Mingle-Mingle* is to learn how to form a group quickly.
- When you hear "Mingle-Mingle" move within our boundaries. Pretend we're making a healthy smoothie, and we have to blend the ingredients.
- When the music stops, or I say "stop," I'll say a number. How quickly can you form a group that size?" (Tip: Hold up number of fingers, too.)
- Invite others to join you - even if it means having an extra person. We never want anyone to feel left out.
- When your group is ready, get to a low level (kneel or squat).
- **BODY PARTS-** When music stops or I call out "stop," I'll call out a number AND a body part. First, form your group. Then, all touch that body part in the center of your circle. Example: "Four, elbow to elbow."

## Activity: Barnyard

- Mingle-Mingle 5's! When your group is ready, all move to a low level (squat, kneel, bend).
- The game is called ***Barnyard***. Each group will represent a different barnyard animal.
- Choose with your group what barnyard animal you want to be. Let's hear your animal noises. Example: chickens, sheep, cows, pigs, ducks, dogs, cats, horses. Each group should represent a different animal.
- Mingle-Mingle; mix yourselves up!
- Freeze! Put your palms over your eyes, bumpers (elbows) out. No peeking.
- The object of this game is to reunite with your barnyard animals - using only your animal noises.



## Activity: Houdini Hoops

- How quickly can you make a circle with your group?
- The object of *Houdini Hoops* is to see how quickly you can move a hoop around your circle.
- To do that, you'll practice cooperating and communicating.
- When your group is ready, I'll give you a hoop. Join hands, and place the hoop over one person's wrist, so it dangles like a bracelet.
- When the music (optional) starts move the hoop around your circle by stepping and ducking through it. Don't let go of each others' hands.
- How quickly can your group pass the hoop around the circle 2X?
- How many times can your group move the hoop around the circle in 1 minute?
- (If there is time, bring all together in a large circle, and play with multiple hoops.)

# P.E. Activities (Grades K-2)

## Starters

5 Touches

Cookie Monster

I Want A Home

Crazy Doctor Tag

Workout Tag

Cars And Drivers

The Chicken

Where Are You?

## Activity: 5 Touches

### Organize:

- Set up 4 cones (for boundaries)
- Create a large (40X40 paces) activity area.
- The object of **5 Touches** is to warm up and touch 5 different objects and return quickly.
- Have students start on a line marked by cones.
- Establish boundaries where students may go to find and touch 5 objects.
- Have students play at least 3 times changing the locomotor skill.

### Begin:

- Our SPARK Starter is called "5 Touches" begin walking, touch 5 objects, and return me quickly.
- After all have returned:
- Raise your hand and tell us one thing you have touched.
- Listen carefully and try not to repeat what someone else has said.
- Let's do it again! This time gallop (skip, side-slide) and touch 5 new objects.



## Activity: Cookie Monster

### Organize:

- Individuals on a line facing another line 20 to 40 paces apart.
- Cookie Monster cannot respond "No" more than 2 consecutive times.
- Play until all are tagged except one. Last 1 tagged becomes next Cookie Monster.
- Repeat using different locomotor skills (e.g., skip, gallop, jump, etc.)

### Begin:

- Our SPARK Starter is called "Cookie Monster!"
- To begin, all are "Cookies" except the person in the center play area who is the "Cookie Monster."
- The Cookie Monster will try to tag as many "Cookies" as he/she can as you try to safely fast walk across our sea of milk!
- When Cookies yell, "COOKIE MONSTER, COOKIE MONSTER, ARE YOU HUNGRY?"
- Cookie Monster says, "YES, I'M HUNGRY," or, "NO, I'M NOT HUNGRY."
- If response is "No, I'm not hungry," cookies need to ask again.
- When the Cookie Monster says, "Yes, I'm Hungry!" All cookies walk fast and try to get to the other side without being tagged.
- Tagging can be done with two fingers safely between shoulders and waist (or fluffball).
- The cookie monster must move the same way as the cookies.
- If tagged, you become one of the Cookie Monster's helpers. I will tell everyone when we are ready to begin.

## Activity: I Want A Home

### Organize:

- Individuals scatter within play area (20X20 paces).
- 1 spot marker per student.

### Begin:

- Our SPARK Starter is called "*I Want A Home!*"
- I will call a few at a time to get a spot marker. Place your marker within our play area and stand on it. Spread out safely from others.
- The spot marker is your new "home."
- I will take "\_\_\_\_\_'s" spot marker away. "He/She will be the first home shopper."
- When "\_\_\_\_\_" says, "I WANT A HOME!", everyone must leave their home and walk to a new home.
- You have to be quick because someone will not have a home to stand on.
- Whoever doesn't have a home, becomes our next "home shopper."
- Be careful and watch out for others when looking for a new home.
  - Variations:
    - After walking designated different locomotor skills.
    - Hoops can be use instead of spot markers, however use caution.
    - Can be played with 2 "home shoppers."
    - You may have to repeat to students that they can be a "home shopper" only once.

## Activity: Crazy Doctor Tag

### Organize:

- Set up 4 cones (for boundaries)
- Create a medium (20X20 paces) activity area.
- Demonstrate/discuss safe tagging -- touching with fluffball between waist and shoulders.
- Designate 3 - 4 players as Crazy Doctors (taggers). Give them a fluffball to tag with.

### Begin:

- Our SPARK Starter is called "Crazy Doctor Tag!"
- I will hand out 4 fluffballs to our "Crazy Doctors!" They are our first taggers.
- Let's start by walking the hallways of our hospital.
- When I say "Crazy Doctor Tag!" Dodge, fake, and move within our "hospital" (boundaries) to avoid being tagged by a Crazy Doctor!
- You can be safe from the Crazy Doctors if you pose like a "muscle person" before you are tagged. Stand up straight and tall and make a muscle pose! You can only hold that pose for 3 seconds then you must flee!
- If you are tagged before you can make a pose, the Crazy Doctor gives you his/her fluffball, and you become a "tagger" there are no tag backs.
- If you are healthy and strong you are safe from having the Doctor pay you a visit!
- Physical activity helps us stay healthy!
- Let's try galloping (skipping, jumping, etc.) this time.

## Activity: Workout Tag

### Organize:

- Set up 4 cones (for boundaries)
- Create a large (30X30 paces) activity area.
- Taggers will use fluffballs to "tag" safely within area.

### Begin:

- Our SPARK Starter is called "Workout Tag"
- The object of "**Workout Tag**" is to avoid being tagged by dodging or working out with someone.
- I will choose 3 - 4 people to be "taggers." On start cue, everyone walks quickly. Taggers will try to safely tag others with fluffballs.
- To avoid being tagged, ask someone, "Will you workout with me?" Do 3 jumping jacks together, then walk quickly again.
- If tagged before exercising, take the fluffball; you are now "It."
- No guarding people while they exercise; you must be at least 3 paces away.
- On stop cue, everyone rest while we change taggers.
- Variation:
  - How else can you move?
  - What other exercises can you do?
  - Change locomotor skill while moving (e.g., hopping, skipping, jumping)

## Activity: Cars And Drivers

### Organize:

- 4 cones as boundaries.
- Group into pairs, on a line facing another line 20 to 40 paces away.

### Begin:

- Our SPARK Starter is called "Cars and Drivers"
- Back-to-Back with a partner.
- One of you is the "car," the other the "driver."
- Drivers, stand behind your car and place your hands on the cars shoulders.
- Cars, place your hands in front like a stop sign and close your eyes.
- On start cue, drivers will guide their cars safely by walking to the other end line. On arrival, wait for my cue to switch roles and return.
- "Drivers, your cars are trusting you to be a responsible friend. Get them through traffic without a scratch!"
- You did a great job working together to avoid collisions. Now, start cue, drivers may steer their cars in zigzags. Wait for my signal to return.
- Drivers, are you ready to steer your car on a mountain road?
- Great job! Now the drivers may pick their own route.
- Keep your (headlights) eyes closed!

## Activity: The Chicken

### Organize:

- Individuals scattered in activity area or facing each other on a circle.
- Explain/demonstrate movements without music first.

### Begin:

- The name of this dance is "The Chicken!"
- First, we'll learn to movements and perform them as a group. Later you may dance with a partner, then maybe a small group.
- Let's practice the movements together: **Make a beak with your hands and fingers, and then make 'quack-like' motions. Do this 4x's.**
- **Flap your arms like a chicken (elbows out, hands tucked into armpits). Do this 4x's.**
- **Bend your knees and wiggle your hips 4x's.**
- **Clap your hands 4x's.**
- Repeat several times.
- **When music changes, skip around the play area for 16 beats.**
- Variations:
  - Dance in a circle formation.
  - Partners - skip while joining hands or elbows with partner. Partner cue: Join hands or elbows with your partner, skip in activity area.
  - Group - Skip R hand star for 8 counts, reverse with L hand star for 8 counts. Group cue: With your group, each lift R arm into the center of the circle (right hand star) and skip for 8 beats. Reverse by lifting L hand into the circle and skipping around for 8 beats.

## Activity: Where Are You?

### Organize:

- Individuals scattered in activity area or facing each other on a circle.
- Explain/demonstrate the movements without music first.

### Begin:

- The name of this dance is "Where Are You!"
- We are going to answer the song's questions while moving our bodies.
- Let's practice the movements together:
  - Lyric: Where are you? Say "Here I am!" and **Wave hands in the air.**
  - Lyric: Are you ready? Say "You bet!" and **Clap knees 1x, Clap hands together 1x.**
  - Lyric: How ya' doing? Say "Better and better!" and **Place two thumbs in the air.**
  - Lyric: Give yourself a hand! Say "Woo!" and **Jump in air with high 5.**
  - Repeats.
  - Chorus- Head, shoulders, knees, toes, legs, waist, chins, nose... repeats. **Touch parts of body with song.**
  - Chorus repeats - then freeze.
- Song starts from beginning again with tempo speeding up.
- Song repeats itself 3x's speeding up with 4x being slow.

# P.E. Activities (Grades K-2)

## Activity/Games

Clean Your Room

Crazy Cones

Freeze Tag

Twist and Turn/Bend and Stretch

Toss and Catch

The Collector

Wacky Walkers

Chariot Drivers

Pass and Duck

Straddleball

Monkey See Monkey Do



## Activity: Clean Your Room

### Organize:

- 4 cones make activity area large (40x40 paces).
- Divide students into 2 groups (can play Back-to-Back).
- Place fluffballs on both sides of floor. Have the center line be a divider or use a row of hula hoops for the hallway between the 2 "rooms."

### Begin:

- The name of this game is called "Clean Your Room!"
- The object of the game is to have the cleanest room! Each side will clean their room by throwing fluffballs "garbage" over to the other side.
- On START cue, throw any fluffball that are on your side over to the other side as fast as you can!
- Only throw one ball at a time.
- No kicking balls or throwing at people!
- On STOP cue, everyone raises their arms in the air to make an "X." If you have a fluffball in your hand drop it to the ground.
- We will count how many fluffballs are on your side.
- The side with the fewest fluffballs has the cleanest room!
- Can you throw with your other hand too?
- Variations:
  - Throw over a net or rope to play "Clean Your Yard."
  - Play "Family Style" by dividing students into 4 groups and activity area into 4 sections.
  - Designate type of throw (e.g., left hand, right hand, overhand, underhand)

## Activity: Crazy Cones

### Organize:

- Divide students into 2 groups (can play Back-to-Back). One stand, one squat. Have the "standers" go to one side and the "squatters" go to the other side.
- 1 cone per student/cones should be various sizes.

### Begin:

- The name of this game is called "Crazy Cones!"
- The object of this game is to have more cones up or down than the other group.
- Squatters: On START cue, fast walk and stand up as many of the "squatting cones" as you can.
- Standers: Fast walk and turn over as many of the "standing cones" as you can.
- Use only your hands to stand or turn over a cone. No guarding.
- On STOP cue, freeze, then walk over to your side of the activity area.
- Let's count the number of cones that are up/down.
- Let's play again and "gallop" this time.
- Variations:
  - Use a different locomotor skill each time (e.g., jumping, skipping, side-slide, etc.).
  - Use different parts of your body to turn over or set up the cones (e.g., feet, elbows, etc.).
  - Switch roles

## Activity: Freeze Tag

### Organize:

- Individuals, each with a beanbag balanced on head, scattered within activity area.
- Review safe tagging (use fluffballs)

### Begin:

- The name of this game is called "Freeze Tag!"
- The object of the game is to balance the beanbag on your head and to not get tagged.
- I will give fluffballs to 3 - 4 students who will be "taggers."
- On START cue, move around activity area. Try not to let your beanbag fall.
- Avoid the "taggers!" If tagged, the fluffball is handed to you, and you become it.
- No tag backs!
- If your beanbag drops, you must freeze until another person picks it up and places it back on your head. Remember to say "Thank you!"
- When you go to help a classmate, you are both safe from being tagged.
- If your beanbag drops while trying to help a classmate you are not frozen.
- All students need to keep beanbag balanced. If the "taggers" beanbag drops they have to stop and pick it up.

## Activity: Twist and Turn/Bend and Stretch

### Organize:

- Partners scattered in activity area. Play Back-to-Back.
- 1 beanbag or ball per pair.

### Begin:

- For **TWIST AND TURN**: Stand Back-to-Back with partner, bend your knees, and keep your hips forward.
- Pass beanbag (ball) by twisting and turning from side to side. Don't let it drop.
- On **SWITCH**, change direction.
- For **BEND AND STRETCH**: Stand Back-to-Back with partner, take a step forward for space.
- Can you pass the beanbag (ball) over your heads (stretch) then between your legs (bend)?
- **SWITCH** directions.

## Activity: Toss and Catch

### Organize/Tips:

- Partners scattered in activity area. Play Back-to-Back.
- 1 beanbag or ball per pair.
- Partners face each other.
- Watch beanbag go into your hands and close your hands around it.
- "Give" with the bag and bring it into your body.

### Begin:

- Gently toss your beanbag (ball) underhand to your partner "play catch."
- How quickly can you and your partner make 10 catches?
- Variations:
  - Play "**Alphabet Step Back**," for each catch say one letter of the alphabet then take a small step backwards. If you drop the bag, stay where you are, and continue from the your last letter.
  - Play "**Line Boogie**," The object is to get the bag to the back of the line without dropping it. In a single file line, each person reaches overhead to hand the beanbag back to the next in line. Continue, until it reaches the back of the line. That person runs to the front of the line with the beanbag and starts the passing overhead.

## Activity: The Collector

### Organize:

- Put in groups of 3 - 4 (depends on class size) by "Mingle-Mingle." Line up in a single file line on one side of activity area.
- Scatter beanbags throughout activity area.

### Begin:

- The object of "*The Collector*" is to collect as many beanbags as you can for your group.
- "Mingle-Mingle" in 4's. Stand behind hoop or cone that I send you too.
- On START cue, the first person in line will fast walk (e.g., skip, hop, side-slide) and pick up ONE beanbag. Return and place it in hoop (front of cone), tag next person in line, then go to the end of your line.
- Continue collecting beanbags until all are picked up.
- How quickly can your group collect all the beanbags?
- Variations:
  - Scatter objects (e.g., fluffballs, foam balls, footballs) assign different point values for each object.

## Activity: Wacky Walkers

### Organize:

- Hoops for each group of 3 - 4 students depending on size of class.
- Play Mingle-Mingle to get in groups.
- 1 beanbag per student.
- Put each group behind a cone in single file lines. Hoop for each group is on opposite side of activity area.

### Begin:

- The name of this game is called "Wacky Walkers!"
- On START cue, the first person in line gets into crab-walk position (hands and feet on ground, stomach facing up), and places beanbag on stomach.
- Crab walk as fast as you can to hoop, place beanbag in hoop, run back to your line, tag next player, then go to the end of your line.
- Variations:
  - If a student drops beanbag they need to stop and place it back on their stomach.
  - Cues for students in line; can you balance the beanbag on your head until student returns, balance on your elbow, hold beanbag in between your knees, etc.

## Activity: Chariot Drivers

### Organize:

- Divide students into pairs (can play Back-to-Back).
- 1 hula hoop per student.

### Begin:

- The name of this game is called "Chariot Drivers!"
- Partners need to decide who will be the Chariot and who will be the Driver.
- Chariots: Stand inside BOTH hoops and hold the front of them with both hands.
- Drivers: Stand outside the hoops, behind your partner, facing in the same direction. Hold the back of hoops with both hands.
- On START cue, drivers begin moving their chariots slowly and safely within our play area.
- I will tell you when to switch places with your partner.
- Variations:
  - Drivers can choose different locomotor movements (e.g., hopping, skipping, galloping, etc.)
  - Change directions, go slower or faster, move at different tempos (slow or fast), move at different levels (high on tip toes, medium walking, or low bend and move).



## Activity: Pass and Duck

### Organize:

- Group students in 5's play Mingle-Mingle, put in single file line.
- Select a group to demonstrate to class.
- Use softi-ball or playground balls/1 per group

### Begin:

- The name of this game is called "Pass the Duck"
- How quickly can your group form a single file line?
- First person in line is the "Head Duck," Head Ducks, take 4 steps forward then turn around to face your group. You have the ball to start the game.
- On START cue, pass the ball to the first person in line. They pass it back to you and then duck down so you can pass it to the person behind them. Continue until everyone in your line has passed and ducked!
- When all have had a turn, the net person in line becomes the "Head Duck," the former Head Duck goes to the back of the line. Start again as soon as everyone is ready.
- Variations/Tips:
  - Caution "Head Ducks" not to pass the ball until person receiving it is ready.
  - Keep eyes on ball and hands up!

## Activity: Straddleball

### Organize:

- Play Mingle-Mingle and have students get in groups of 6 - 8.
- 1 ball per group.

### Begin:

- The name of this game is called "Straddleball!"
- The object of this game is to score a goal by striking a ball with your hands through the legs of others around the circle.
- To Start:
  - Create a "goal" by spreading your legs wide.
  - Touch the sides of the feet with the person next to you. Bend your knees and get low.
  - Palms of hands facing in towards the middle of the circle, fingers close to the ground.
  - Send ball through anyone's "goal" by striking it with an open palm and stiff wrist.
  - Keep ball low and on the ground/floor.
  - You can only protect your "goal" with your hands only.
  - If the ball goes outside of your circle, the person who touched it last gets it. Rejoin the group and begin again.

## Activity: Monkey See Monkey Do

### Organize:

- Individuals scattered in activity area, or on circle facing you.

### Begin:

- The name of this dance is called "Monkey See, Monkey Do!"
- You'll do it first by yourself, then with a partner.
- Let's practice the movements together:
  - "Monkey see," : **Tap Knees 8xs.**
  - "Monkey what's," : **Clap hands 8xs.**
  - "Monkey yes," : **Tap fists 8xs, 4xs with R hand on top, 4xs with L hand on top.**
  - "Monkey here's," : **Open and shut hands 4xs.**
  - "Won't you quit," : **Hold your hands in front of face and pretend to climb up a tree for count of 8. Then, wiggle your fingers while bringing hands from high to low. Repeat hands climbing and wiggling down.**
  - During musical interlude, move around in general space like "monkeys."
- Lyrics: "Monkey See Monkey Do"

Monkey see monkey do,  
Monkey what's come over you?

Monkey yes, monkey no,  
Monkey here's the way to go!

Won't you quit that monkeying around?  
Won't you quit that monkeying around?

# **P.E. Activities (Grades K-2)**

**Includes:**

**Pairing and Grouping**

**Cooperation activities**

**Starters**

**Activities**

**Games**